



# MENTAL MINUTES

April 2010

VOLUME 1, ISSUE 8

## APRIL HIGHLIGHTS

**April is National Child Abuse Prevention Month**, a time to raise awareness about child abuse and neglect and encourage individuals and communities to support children and families. Learn more about the history of the month, see examples of Presidential and State proclamations, and find strategies for engaging communities and supporting families.

Source: <http://www.childwelfare.gov/preventing/preventionmonth/>

**National alcohol awareness.** In 2007, more than one fifth of persons aged 12 or older participated in binge drinking at least once in the 30 days prior to taking SAMHSA's National Survey on Drug Use and Health (NSDUH). This translates to about 57.8 million people. The rate in 2007 is similar to the rate in 2006 (23.0 percent). To recognize the serious problem of alcohol abuse, April is designated "Alcohol Awareness Month."

Source: <http://ncadi.samhsa.gov/seasonal/aprilalcohol/>

**The month of April has been designated Sexual Assault Awareness Month (SAAM).**

The goal of SAAM is to raise public awareness about sexual violence (focusing on sexual assault and rape) and to educate communities and individuals on how to prevent sexual violence.

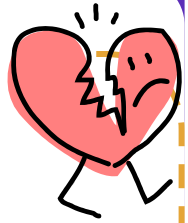
Source: <http://www.nsvrc.org/saam>

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## Child Abuse and Neglect



### Recognizing and Preventing Child Abuse

Child abuse is more than bruises and broken bones. While physical abuse might be the most visible sign, other types of abuse, such as emotional abuse or child neglect, also leave deep, long lasting scars. Some signs of child abuse are subtler than others. However, by learning common types of abuse and what you can do, you can make a huge difference in a child's life. The earlier abused children get help, the greater chance they have to heal from their abuse and not perpetuate the cycle. Learn the signs and symptoms of child abuse and help break the cycle, finding out where to get help for the children and their caregivers.

### Myths and facts about child abuse and neglect

#### MYTH #1: It's only abuse if it's violent.

**Fact:** Physical abuse is just one type of child abuse. Neglect and emotional abuse can be just as damaging, and since they are more subtle, others are less likely to intervene.

#### MYTH #2: Only bad people abuse their children.

**Fact:** While it's easy to say that only "bad people" abuse their children, it's not always so black and white. Not all abusers are intentionally harming their children. Many have been victims of abuse themselves, and don't know

any other way to parent. Others may be struggling with mental health issues or a substance abuse problem.

#### MYTH #3: Child abuse doesn't happen in "good" families.

**Fact:** Child abuse doesn't only happen in poor families or bad neighborhoods. It crosses all racial, economic, and cultural lines. Sometimes, families who seem to have it all from the outside are hiding a different story behind closed doors.

#### MYTH #4: Most child abusers are strangers.

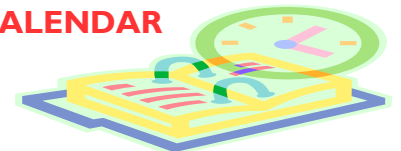
**Fact:** While abuse by strangers does happen, most abusers are family members or others close to the family.

#### MYTH #5: Abused children always grow up to be abusers.

**Fact:** It is true that abused children are more likely to repeat the cycle as adults, unconsciously repeating what they experienced as children. On the other hand, many adult survivors of child abuse have a strong motivation to protect their children against what they went through and become excellent parents.

See full article at: [http://www.helpguide.org/mental/child\\_abuse\\_physical\\_emotional\\_sexual\\_neglect.htm](http://www.helpguide.org/mental/child_abuse_physical_emotional_sexual_neglect.htm)

## ABC UNIVERSITY'S SPRING WORKSHOP CALENDAR



### APRIL 13, 2010

**Court Presentation and CORE Services Overview (\$40.00/3.5 APA & LPCA-GA CEU's)**

### MAY 4, 2010

**Building Rapport with Consumer's through Real Colors® (\$40.00/3.5 APA & LPCA-GA CEU's)**

**\*Register for both workshops and receive a \$5.00 discount!!!**

\*Log on to [www.mentalhealthgeorgia.com](http://www.mentalhealthgeorgia.com) for more information and registration form!!!



## Q&A

### Q. Aren't beer and wine "safer" than liquor?

**A.** No. One 12-ounce bottle of beer or a 5-ounce glass of wine (about a half-cup) has as much alcohol as a 1.5-ounce shot of liquor. Alcohol can make you drunk and cause you problems no matter how you consume it.

### Q. Why can't teens drink if their parents can?

**A.** Teens' brains and bodies are still developing; alcohol use can cause learning problems or lead to adult alcoholism. People who begin drinking by age 15 are five times more likely to abuse or become dependent on alcohol than those who begin drinking after age 20.

### Q. How can I say no to alcohol? I'm afraid I won't fit in.

**A.** It's easier to refuse than you think. Try: "No thanks," "I don't drink," or "I'm not interested." Remember that the majority of teens don't drink alcohol. You're in good company when you're one of them.

Source: <http://ncadi.samhsa.gov/govpubs/>

## Mental Minute

How big is your brain??? Solve these perplexing teasers to find out!

- 1) What letter is next in this sequence?  
M, A, M, J, J, A, S, O, \_\_\_
- 2) What is light as a feather, but even the strongest man cannot hold it more than a few minutes?
- 3) How could all of your cousins have an aunt who is not your aunt?
- 4) You have a dime and a dollar, you buy a dog and a collar, the dog is a dollar more than the collar, how much is the collar?
- 5) Imagine you are in a sinking rowboat surrounded by sharks. How would you survive?

Source: <http://www.azkidsnet.com/brain teasers.htm>

# Tips for Teens: The Truth About Alcohol

## Get the Facts

**Alcohol affects your brain.** Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses, and even blackouts.

**Alcohol affects your body.** Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases, including cancer.

**Alcohol affects your self-control.** Alcohol depresses your central nervous system, lowers your inhibitions, and impairs your judgment. Drinking can lead to risky behaviors, such as driving when you shouldn't, or having unprotected sex.

**Alcohol can kill you.** Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning, which can lead to coma or even death. Driving and drinking also can be deadly. In 2003, 31 percent of drivers age 15 to 20 who died in traffic accidents had been drinking alcohol.<sup>1</sup>

**Alcohol can hurt you--even if you're not the one drinking.** If you're around people who are drinking, you have an increased risk of being seriously injured, involved in car crashes, or affected by violence. At the very least, you may have to deal with people who are sick, out of control, or unable to take care of themselves.

## Before You Risk It

**Know the law.** It is illegal to buy or possess alcohol if you are under age 21.

**Get the facts.** One drink can make you fail a breath test. In some States, people under age 21 can lose their driver's license, be subject to a heavy fine, or have their car permanently taken away.

**Stay informed.** "Binge" drinking means having five or more drinks on one occasion. Studies show that more than 35 percent of adults with an alcohol problem developed symptoms--such as binge drinking--by age 19.<sup>2</sup>

**Know the risks.** Alcohol is a drug. Mixing it with any other drug can be extremely dangerous. Alcohol and acetaminophen--a common ingredient in OTC pain and fever reducers--can damage your liver. Alcohol mixed with other drugs can cause nausea, vomiting, fainting, heart problems, and difficulty breathing.<sup>3</sup> Mixing alcohol and drugs also can lead to coma and death.

**Keep your edge.** Alcohol is a depressant, or downer, because it reduces brain activity. If you are depressed before you start drinking, alcohol can make you feel worse.

**Look around you.** Most teens aren't drinking alcohol. Research shows that 71 percent of people 12-20 haven't had a drink in the past month.<sup>4</sup>

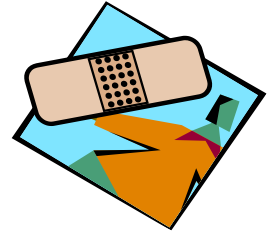
## Know the Signs

**How can you tell if a friend has a drinking problem?** Sometimes it's tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may have a problem with alcohol:

- Getting drunk on a regular basis
- Lying about how much alcohol he or she is using
- Believing that alcohol is necessary to have fun
- Having frequent hangovers
- Feeling run-down, depressed, or even suicidal
- Having "blackouts"--forgetting what he or she did while drinking

Source: <http://ncadi.samhsa.gov/govpubs/ph323/>

## Rape: Healing and Survival



As you may have already guessed, 100% accurate statistics on rape are impossible to get. However, the estimates that have been made -- regardless of their differences -- are frightening. The Centers for Disease Control and Prevention estimates that 876,000 rapes occur each year in the United States. The American Medical Association says more than 700,000 sexual assaults occur annually, and the [National Crime Victimization Survey](#) conducted a survey of victims which put the number at 433,000. Depending on the source, this means that between 1 in 4 and 1 in 7 women are raped or sexually assaulted annually in the United States.

Sexual assault is the most rapidly growing violent crime in the United States, and less than 50% of rapes that occur are actually reported. Eighty percent of rapes are committed by someone who knows the victim, and 61% of female victims are under age 18. Although the majority involve male perpetrators and female victims, 5% of reported rapes happen to [male victims](#).

### If You Have Been Raped

Your first instinct might be to take a shower or bath to *wash away* what has happened to you. However, doing this could wash away physical evidence that could be used for prosecution. It is extremely important, whether you think you have

any physical or emotional injuries or not, that you **see a medical professional as soon as possible**.

**Call a friend, family member, or rape crisis counselor** to accompany you to the hospital if you don't feel comfortable going to the hospital alone. Remember, it is OK to ask for help.

### How Can You Help When Someone You Know Is Raped?

**Rape victims experience a broad range of powerful emotions**--a friend or family member can help by allowing her to express these feelings. You can help by listening and validating her fears and feelings; by helping her make changes to her environment that make her feel safer. Rape victims often feel unsure of themselves and their ability to make decisions. Encourage her if she finds it difficult to make decisions by helping her to understand her choices, but let the decisions be her own.

### Remind her that the rape was not her fault.

Advocate for her when she needs your help facing the medical and legal systems. Let her know that you believe in her, and that you know that she has the strength and courage to heal and survive.

**Survivors of rape often experience changes in their overall health.** Sleep disorders such as insomnia or eating disorders often occur following rape or sexual assault. Some women experience nightmares and flashbacks. Others encounter body aches, headaches, and fatigue.

Post-Traumatic Stress Disorder (PTSD) is the most common disorder seen in victims of rape or sexual assault. Rape victims sometimes experience anxiety, depression, self-injury, and/or suicide attempts, as well as other emotional disorders. They sometimes try to cope with their feelings by indulging in alcohol or drugs.

Women who have been raped, many times, face an enormous uphill emotional battle to regain self-respect, self-esteem, self-assurance, and self-control. It is a battle that can be won with the help of caring and supportive friends, family, counselors, and physicians.

See full article at: <http://womenshealth.about.com/cs/azhealthtopics/a/rapehealsurvive.htm>

## Recipe Round-Up: Swag Bars



### Ingredients

- 1 3/4 cups creamy peanut butter
- 3/4 cup sugar
- 3/4 cup light-colored corn syrup
- 1 1/2 cups (6 ounces) chopped lightly salted, dry-roasted peanuts
- 3 1/2 cups (4 ounces) whole-grain flaked cereal (such as Total), finely crushed
- 1/3 cup (2 ounces) chopped dark chocolate
- Cooking spray

### Preparation

1. Combine first 3 ingredients in a heavy saucepan over medium-high heat. Cook 4 minutes or just until mixture begins to boil, stirring constantly. Remove from heat; stir in peanuts and cereal. Spread mixture evenly into a 13 x 9-inch baking pan coated with cooking spray.
2. Place the dark chocolate in a small microwave-safe bowl. Microwave at HIGH 1 minute or until chocolate melts, stirring every 20 seconds. Drizzle chocolate evenly over peanut mixture. Score into 36 bars while warm.

### Nutritional Information

Calories: 155 (0.0% from fat); Fat: 9.2g (sat 1.9g, mono 4.2g, poly 2.5g); Protein: 4.5g; Carbohydrate: 16.2g; Fiber: 1.5g; Cholesterol: 0.0mg; Iron: 2.3mg; Sodium: 121mg; Calcium: 113mg

Source: [http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=1867595](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1867595)

Our sister agencies provide an extensive array of mental health services for both children and adults. "Our mission is to provide high-quality, easily accessible services for Georgians, focused on promoting mental and emotional well-being through personal and professional development, family preservation, resource coordination, and individualized treatment.

## Resource Readiness

Here are some resources for this month's topics:

**Child Abuse Prevention Association** helps children and their families overcome the traumatic effects of child abuse, especially in child molestation. CAPA also provides educational programs designed to increase awareness of abuse and how to prevent it as well as providing case management and other support services to help create strong families and decrease the chances of abuse/neglect.

<http://www.childabuseprevention.org/About/>

**Prevent Child Abuse America** (PCA America) has led the way in building awareness, providing education and inspiring hope to everyone involved in the effort to prevent the abuse and neglect of the nation's children. Working with their chapters, they provide leadership to promote and implement prevention efforts at both the national and local levels. With the help of their state chapters and concerned individuals like you they're valuing children, strengthening families and engaging communities nationwide.

[http://www.preventchildabuse.org/about\\_us/index.shtml](http://www.preventchildabuse.org/about_us/index.shtml)

**The Substance Abuse and Mental Health Services Administration** (SAMHSA) seeks to reduce the impact of substance abuse and mental illness on America's communities. Over the years SAMHSA has demonstrated that - prevention works, treatment is effective, and people recover from mental and substance use disorders.

<http://www.samhsa.gov/About/background.aspx>

**The National Sexual Violence Resource Center** serves as the nation's principle information and resource center regarding all aspects of sexual violence. It provides national leadership, consultation and technical assistance by generating and facilitating the development and flow of information on sexual violence intervention and prevention strategies. The NSVRC works to address the causes and impact of sexual violence through collaboration, prevention efforts and the distribution of resources.

<http://www.nsvrc.org/>

**The Rape, Abuse & Incest National Network** is the nation's largest anti-sexual assault organization. RAINN operates the National Sexual Assault Hotline at 1.800.656.HOPE and the National Sexual Assault Online Hotline at [rainn.org](http://rainn.org), and publicizes the hotline's free, confidential services; educates the public about sexual assault; and leads national efforts to prevent sexual assault, improve services to victims and ensure that rapists are brought to justice.

<http://www.rainn.org/>

### Mental Minutes Solution

1. N for November
2. His breath
3. Your mom is their aunt
4. A nickel, the dog costs \$1.05
5. Quit Imagining!

Source: <http://www.azkidsnet.com/brain teasers.htm>

## Self-Care Corner: Portion Control

What's the difference between a portion and a recommended serving size?

### Portion

A portion is the amount of a food that you choose to eat for a meal or snack. It can be big or small, you decide.

### Serving

A serving is a measured amount of food or drink, such as one slice of bread or 1 cup of milk. Some foods that most people consume as a single serving actually contain multiple serving sizes (e.g. a 20-ounce soda, or a 3-ounce bag of chips). Nutrition recommendations use serving sizes to help people know how much of different types of foods they should eat to get the nutrients they need. The Nutrition Facts Label on packaged foods also lists a serving size. The serving sizes on packaged foods are not always the same as those included in nutrition recommendations. However, serving sizes are standardized to make it easier to compare similar foods.

Source: <http://ask.doctoroz.com/question/difference-between-portion-and-serving>

### What does serving size mean?

Serving sizes are based on the "MyPyramid" food guidance system of the USDA Dietary Guidelines for Americans 2005. Use the list of examples below to gain perspective on what is considered a serving size.

### According to the USDA, one serving equals:

1 slice of whole-grain bread	½ cup of cooked rice or pasta
4-5 small crackers	1 medium pancake
3 cups popcorn	1 medium potato
1 cup raw or cooked vegetables	2 cups raw leafy greens
1 small apple	1 cup fruit
1 medium grapefruit	½ cup dried fruit
1 ounce lean meat, chicken, or fish	1 egg
1 tablespoon peanut butter	¼ cup cooked dry beans
1 cup milk or yogurt	1 ½ ounces natural cheese

A good guideline to help you understand portion sizes is to translate the abstract information represented by the serving size into something visual that's easily remembered. So instead of trying to memorize lists of ounces, cups, and tablespoons, simply compare the serving sizes to particular foods to familiar physical objects.

The best way to determine the amount of food in a given serving is to look at the Nutrition Facts label and measure it out. Although this may not be practical or that much fun, if you are able to take the time, you will soon be able to "eyeball" the amount of food and know whether there is too much or too little.

Source: <http://ask.doctoroz.com/question/what-serving-size-means>



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